

December

NEWSLETTER

2008

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered



Arts & Crafts



Cultural Programs



Daily Lunch



Educational



Exercise



Health Services



Information &
Referral



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Holiday Celebration - Friday, December 19 at 11:00

The Holidays are here and the Center will be celebrating on **Friday, December 19**. Come and hear the beautiful sounds of the holiday with entertainment from The Murray High School Bell and Madrigal Choirs at 11:00. A special Prime Rib and Salmon buffet style meal will follow at 12:00 Noon. Seating is limited and registration is required. Cost for this event is \$6.00 and payment is needed in advance. □

New Years Bingo Party - Wednesday, December 31 at 10:30

Enjoy entertainment with Tim Holwig at 10:30 on **Wednesday, December 31** when the Center will ring in the New Year. The cost is \$6 and payment is needed in advance. See the article on page 14 for complete details.

- Center closes at 2:30 on Christmas Eve and New Year's Eve.

- Participant cards are available at the front desk.

Everyone who attends the Center at least 6 times a year is asked to get a Participant Card. If you don't have a card you will be asked to sign in each time you attend. See article on page 6 for complete details.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.

DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.



Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.). The instructor computer located in the front of the room also has the program R/C Flight Simulator installed for flying enthusiast.

No Classes in December

January Schedule:

Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Mon., Tues., Thurs., Jan. 5,6,8, 12,13, 15 - 10:15-11:30. Cost is \$15.

Basic Internet

Learn how to use the internet and surf the world wide web. Tues., Thurs., January 13, 15 - 9:00-10:00. Cost is \$5.

Basic Computer II

Continue learning computer skills. A complete outline with subjects available at front desk. Tues, Thurs., Mon., Jan. 20, 22, 26, 27, 29 (starts on Tuesday.) - 10:15-11:30. Cost is \$15.

Music on Computer

Learn how to purchase your favorite songs for .99¢ using iTunes and save your song to a CD. Come with 3 song choices in mind. Thursday, Jan. 15 at 1:00. Cost is \$5.

Individual Help

Sign up for a one on one lesson with volunteer instructor Bill Park. Sign the interest list at the front desk and we'll arrange a time that works for everyone. The cost is \$5 for a one on one session.

Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in February:

Basic I - 6 sessions

*Basic II - 6 sessions

*Basic III - 4 sessions

*Basic Excel - 4 sessions

Keyboarding - 4 sessions

*Basic Email - 3 sessions

*Intermediate Email - 2 sessions

*Basic Internet

*Flyers - 2 sessions

*Movie Maker - 5 sessions

Intro to Scanners - 1 session.

*Music on the computer - 1 session.

*Greeting Cards - 2 sessions.

*Genealogy - 4 sessions.

Classes with the * asterisk require a prerequisite of Basic I or computer knowledge of using a mouse and navigating around in windows before taking the class.

If you are interested in a subject not listed above, see Susan and she will work on developing a new class.

□

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Lab volunteers are on hand on **Wednesday and Friday** from 9:30-11:30 when class is not scheduled.

Call to make sure the lab volunteer has arrived before making a special trip. Stop by and ask Glen (Wednesday) or Gordon (Friday) for help! □

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wed., Dec. 10 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free! □



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



December Clinics

Toenail Clipping

Thursday December 4 @ 9:00

Massage Therapy by appointment - Fridays @ 11:30 - 4:00

Blood Pressure & Glucose

Thursdays @ 10 - 12 Noon

Like to improve your health? Do you have a suggestion for a new class? Let Daveen know!

Toenail Clipping December 4

Thursday, Dec. 4 at 9-10:30 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinners) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

The Skinny on Chocolate and Cocoa

Did you know that cocoa packs a powerful antioxidant punch? Thanks to nutrient rich cocoa beans, this plant-based food contains naturally-occurring antioxidants. The good news is that people benefit from these antioxidants when they eat plant foods such as fruits, vegetables, nuts, beans and whole grains.

Cocoa beans are rich in a specific type of antioxidant called flavanols. Flavanols are found in several plant foods such as apples, berries, beans, nuts, purple grapes, red wine and teas. An interesting fact is that cocoa beans are not actually beans. They are seeds from the fruit of the *Theobroma cacao* tree. The seeds (cocoa beans) are used to make cocoa and chocolate. Natural cocoa powder is made by pressing most of the cocoa butter out of the cocoa beans. Chocolate is made from the whole cocoa bean with additional cocoa butter. Natural cocoa powder and most chocolates retain flavanols at different levels.

Emerging research indicates that the flavanols in cocoa and chocolate may have protective health benefits. Eating plenty of plant-based foods helps to reinforce our own body's defenses by offering protection against harmful molecules in the body called free radicals. Chocolate and cocoa are naturally rich in antioxidants. When ranked against other antioxidant-packed foods, chocolate and cocoa can have more than 10 times the antioxidant power as other foods.

Other benefits include helping blood platelets to be less "sticky" which promotes healthy blood flow, reduces blood pressure in people with high blood pressure, and may also have beneficial effects on maintaining healthy blood sugar levels, increasing blood flow in the brain, and keeping skin healthy. While these studies help to support the health connection of cocoa and certain types of chocolate, more research is needed to better understand the potential benefits.

As a plant-based food and ingredient, chocolate can be part of a healthy diet when used in moderation. Chocolate can add flavor to nutritious foods such as milk that makes the food more appealing. However, keep in mind that chocolate contains fat and added sugar that provide additional calories. Enjoy chocolate—in moderation—for its distinctive flavor as well as for its potential health benefits. And, be sure to include a variety of antioxidant rich foods such as fruits, vegetables and whole grains every day. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on December 2.

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday

10:30 - 11:30

Michael Dusserre - instructor

\$15 per month, punch pass or \$3

NIA

Mondays & Wednesdays

9:00 - 10:00

Thursdays at 5:30 PM

Sadie Perkins & Sharon Daurelle
-instructors

\$20 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 12 times in one month and
get one month free! Treadmill,
Recumbent Bike, Hand & Leg
Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

MISC...MISC...MISC...

Fridays 11:30-4:00

Massage Therapy

Massage Therapy is available **Fridays from 11:30-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you can't make your scheduled appointment, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. Choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. □

Hats for the Homeless

Jennifer Paulsen from the Road Home will be here in December to collect hats for the homeless.

The cold weather is here and the Shelter will soon be inundated with men, woman, and families looking for a refuge out of the cold.

The center has a bin in the lobby to drop off hats. If you're in need of yarn to make hats, yarn is available in the same bin where you drop off hats. The Center is also in need of yarn. It doesn't matter whether hats are hand knitted or made on a loom. For those who would like to purchase a "hat loom", most craft stores carry them (Zims, Roberts, and Michaels). Thank you to all who have been making hats! □

Monday/Wednesday 9:00

NIA

What is NIA? NIA stands for Neuromuscular Integrative Action and means "with purpose." This is an expressive fitness and awareness movement program designed to enhance, balance, and help you move in harmony. This is a holistic approach to blending the movements from yoga, tai chi, pilates, and dance. This class is recommended no matter what your fitness level is. Come and participate in eclectic blended music, sounds, and visualization that is meant to energize and free your body from physical and emotional tensions. □

CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

Mon/Tues/Thurs 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Computer Classes

Did you get a new Computer for Christmas? Would you like to see how a Web-cam works? The Center computer lab can help make life a little easier for the new computer user. See the class schedule on page 3 and sign up today. Bill and Sherri Park are the instructors and they are getting rave reviews.

If you are interested in the Web-cam, sign the interest sheet at the front desk. The Center is hoping that Santa brings them one for Christmas. □

Let's Talk - Reading and Discussion Group

Like to read? Join Let's Talk for a lively discussion with volunteer Charlotte Cox on **Wednesday, January 21 at 1:00**. There is a recommended one time donation of \$5 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library. Check books out at the front desk. **Books need to be returned no later than the first Friday after the discussion date.** Participants are responsible for all lost books. January 21 - *Three Cups of Tea* by Greg Mortenson & David Oliver Relin. Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers. He promised to build them a school. Over the next decade he built fifty five schools (especially for girls) that offer a balanced education in one of the most isolated and dangerous regions on earth. For a full list of dates and titles, please see the front desk. □

MISC...MISC...MISC...

Heritage Center Participant Cards

Over 400 people have stopped by the front desk to get participant cards. Thank you! Now, don't forget to stop by the front desk and have your card scanned each time you come to the Center.

What is a participant card? Participant cards help the Center track how many people are attending the Center as well other statistics such as age, frequency, high use hours, etc. Many things that will help the staff provide better services in the future. Statistics are also used for grants purposes. Just last year the Center received \$65,000 for improvements and with this money came regulations for reporting who uses the facility.

Starting in January, everyone who comes to the center will need to scan their card or sign in when arriving. If you forget to bring your card just give the front desk your name or phone number and they'll enter you into the computer system.

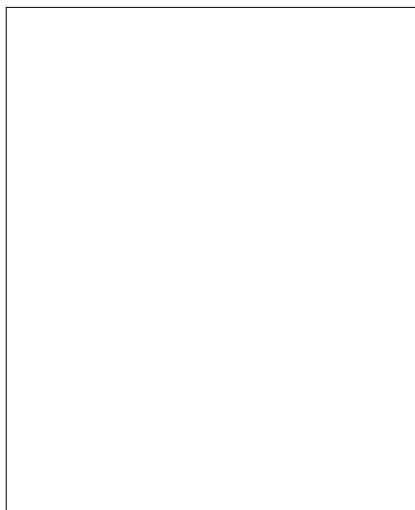
The card is easy to obtain. To get a card complete a participant information sheet and have your picture taken, it's that simple. You'll be asked if you'd like to donate \$3 to help cover the cost of the card.

The card is similar to other cards used at County Centers but the Heritage Center doesn't use the same computer software so Salt Lake County cards are not compatible at the Heritage Center. Thank you for your cooperation! □

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Frank Bond wins Pinochle Tournament

At nearly 99 years of age, Frank Bond has once again shown that he remains at the top of his pinochle game. The Center's November tournament hosted players from all the Senior Centers in the valley and Frank prevailed with a score of 775, 50 points above that of his closest competitor. He carries a small bell and delights has melded a double pinochle...and we heard the bell twice during the tournament. Congratulations Frank, and we'll be looking forward to your defense of the tournament crown in June '09.



Pinochle Tournaments
Every Wednesday
at 9:30 - \$2

Mondays at 1:00 - FREE

Monday Movies

Monday movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

Dec 1 - *Miss Pettigrew Lives for a Day* (2008) PG-13. A middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into a glamorous world.. 92 min.

Dec 8 - *A Pocketful of Miracles* (1961) PG. It's up to Bootlegger Dave and his girlfriend Queenie to turn Apple Annie into a lady and convince a Count and his son that they are part of New York's elite. 136 min.

Dec 15 - *Christmas in Connecticut* (1945) PG. Journalist Elizabeth Lane describes herself as a hard working farm woman, taking care of her children and being an excellent cook. But this is all lies. Miss Lane knows that her career is over if the truth comes out, but what can she do? 102 min.

Dec 22 - *A Christmas Carol* (1984) PG. An old miser who makes excuses for his uncaring nature learns real compassion when 3 ghosts visit him on Christmas Eve. 100 min. Staring George C. Scott.

Dec 29 - *The Family Man* (2000) PG- 13. A fast-lane investment broker, offered the opportunity to see how the other half lives, wakes up to find that his sports car and girlfriend have become a mini-van and wife. 125 min.

*Movie titles subject to availability. ▯

Wednesday, December 3

Birthday Wednesday!

The Center will be celebrating all of the December birthdays on **Wednesday, December 3**. Each month we celebrate birthdays on the first Wednesday of the month. Lunch is served at noon and advance reservation are needed.

Those who attend the Birthday Lunch will be eligible for a drawing to receive a free lunch. On Birthday Wednesday the lunch will always include a piece of birthday cake. And if you come and celebrate on Birthday Wednesday the month you turn 60, 70, 80, 90..., the lunch is on us (just tell the person collecting money you have reached a new decade).

For January birthdays, the birthday lunch is **Wed., January 7**. ▯

	MONDAY	TUESDAY
Heritage Center #10 E. 6150 S. (west of State Street) 264-2635 we are here to serve you Monday-Friday 8:00-4:30	<div>1</div> 8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie	<div>2</div> 8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing
	<div>8</div> 8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie	<div>9</div> 8:30 Ceramics 9:00 Aerobics / Haircuts 10:00 Outreach Worker 10:15 Line Dancing 10:30 Tai Chi 12:00 Lunch / 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing 4:00 Light Trip
	<div>15</div> 8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie	<div>16</div> 8:30 Ceramics 9:00 Aerobics / Haircuts 9:30 Body Worlds Trip 10:15 Line Dancing 10:30 Tai Chi 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing
	<div>22</div> 8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie	<div>23</div> 8:30 Ceramics 9:00 Aerobics / NO Haircuts 10:15 NO Line Dancing 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 NO Line Dancing
	<div>29</div> 8:30 NO Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie	<div>30</div> 8:30 NO Ceramics 9:00 Aerobics / Haircuts 10:15 NO Line Dancing 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 NO Line Dancing

WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Birthday Wed. & Lunch 12:45 Bingo 1:00 Bridge	<div>4</div> 8:30 Ceramics 9:00 Aerobics/Toe Nail Clipping 10:00 Blood Pressure/Glucose 10:00 Festival of Trees Trip 10:30 Tai Chi 12:00 Lunch / 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 5:30 Caring & Sharing 7:00 Dance	<div>5</div> 9:00 NIA 9:30 Computer Lab 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>10</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:30 HUGS 4:00 Light Trip	<div>11</div> 8:30 Ceramics 9:00 Aerobics/Blood Testing 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance 7:30 Ute RC Club	<div>12</div> 9:00 NIA 9:30 Computer Lab 10:30 Healthy Brunch 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 NO Lunch 12:00 Bingo 1:00 Bridge Play
<div>17</div> 9:00 Tooele Breakfast 9:30 Pinochle / Computer Lab 10:15 Yoga 1:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>18</div> 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance	<div>19</div> 9:00 NIA 9:30 Computer Lab 11:00 Christmas Party/Lunch 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>24</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 2:30 Center Closes No Bridge Today	<div>25</div> <div>CENTER CLOSED</div>	<div>26</div>
<div>31</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 New Year's Bingo 2:30 Center Closes No Bridge Today	<div>Jan 1st</div> <div>2009</div> <div>Center Closed</div>	<div>Jan 2nd</div> 9:00 NIA 9:30 Computer Lab 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play

News Behind the 8 Ball

Pinochle - Wednesday's at 9:30

Bridge - Wed/Fri at 1:00

Canasta Games - Tuesdays 11:00 - 2:30

Bingo - Wed. & Fri. at 12:45

Tuesdays 10:15 & 2:00

Thursdays 1:00-2:30

1st & 3rd Thursday at 12:45

RECREATION...RECR

New Year's Party at 10:30 AM

Ring in '09 with Music, Food, and Bingo

Join us on **Wednesday, December 31**, for the encore engagement of our favorite songman, from North Logan, Tim Holwig. Tim's return to the Center is in response to the rave reviews he received for the Veterans Day performance. His smooth lyrical style and easy listening rhythms on the guitar, combined with your favorite traditional tunes for the holidays, ensure a pleasurable hour of listening enjoyment. The music will begin at 10:30.

The concert will end with a countdown to "New Years" complete with a toast to welcome in 2009. Lunch will follow at 12:00 noon. The menu for the day is Malibu Chicken, green bean casserole, mashed potatoes, and pecan pie.

Hold on to your ticket stub as there will be drawings for special door prizes before lunch begins. Bingo will start immediately following lunch and the Center will close early at 2:30.

Cost for this activity is \$6 and registration is required no later than Monday, December 29. You may register for this activity at this time. □

**Center Closes Early
at 2:30 PM on
Christmas Eve and
New Year's Eve**

MISC...MISC...MISC...MISC...MISC...MISC...MISC...

New unwrapped gifts

'Tis The Season

The leaves are turning color, it's time to turn on the heater, and special times for remembering our blessings and sharing with others in need. Throughout the holiday season many of the Center's programs will focus on providing support for special needs individuals and groups in the Murray area. One such organization is the Boys & Girls Clubs of South Valley, which is administered from the Murray facility. The other group, the SHARE program.

The philosophy behind the Boys & Girls Clubs is to provide: safe places for youth to learn and grow; ongoing relationships with caring adults; opportunities for character development; opportunities to succeed in our community.

A Christmas tree, under which you may place unwrapped gifts for children ages 3 to 12 or choose an ornament from the tree with a request from one of the SHARE participants. Donations will be accepted until Friday, Dec. 12 when the gifts will be distributed.

The younger kids are always pleased with trucks and cars, dolls and tea sets, coloring and painting sets, and games of all types. Athletic equipment, art supplies, and educational materials are best for the older children. The SHARE participants have specific requests listed on ornaments. Contact George or Daveen if you need additional information. □

H.E.A.T. Offers relief for Energy Costs for You

HEAT stands for Home Energy Assistance Target. Its purpose is to assist eligible households meet the rising costs of home heating. It is a federally funded program that is administered by the State of Utah. Any household in Utah is eligible if their total income is not more than \$1,300 per month for a single person or \$1,750 for a couple. Benefits are for a one-time payment and will not cover your entire winter heating costs.

A list of documents necessary to qualify for this assistance are provided in a handout available at the front desk at the Heritage Center. Staff from the HEAT program will be available at the Center on **Wednesday, January 14**, from 9:30 to noon to take applications.

After you apply, you will receive notification in the mail about the status of your application and notified of the benefit amount and how payments will be made. □

Thank you Health South

Thank you Health South for providing the lunch on Friday, December 12. Health South is located at 8074 South 1300 East. They provide Home Health Services and Rehabilitation. For questions on services available call Mary Spring at (801) 792-4412. □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, January 13 - 8:30

Wendover & Rainbow

Travel to Wendover on **Tuesday, January 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Wednesday, December 17 - 9:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "2ndBest Breakfast in Utah". The bus will depart the Center at 9:00 on **Wednesday, December 17** and return about 12:30 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip. □

Thursday, December 4 - 1:00

Festival of Trees

The Heritage bus will depart at **1:00** on **Thursday, December 4** and travel to the South Town Exhibition Center to view the hundreds of holiday creations at *Primary Children's Hospital Festival of Trees*. **Cost of the trip is \$4**. Sign up now for this trip. □

Tuesday, December 9 - 4:00 and Wednesday, December 10 - 4:00

CHRISTMAS LIGHTS in Spanish Fork

Check with the front desk to see if space is still available for the Christmas light trip to Spanish Fork. Sign up started last month but seats may still be available for the Tuesday, December 9 or Wednesday, December 10 trips. Bus departs the at 4:00 pm and travels to Provo for dinner at the Chuck-A-Rama. After dinner you will be treated to a drive through beautiful Canyon View Park located at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures--several of which are animated. Return to the Center will be at approximately 8:00 pm.□

Body Worlds 3 Exhibit - Tuesday, Dec. 16 - 9:30

The bus will depart on **Tuesday, December 16** at 9:30 for the Body Worlds 3 Exhibit. **Cost of this activity is \$25** and includes admission to the exhibit, individual audio boxes, and transportation to The Leonardo in downtown Salt Lake City.

The tour is self paced and one should allow about 1 1/2 hours to see and hear all that is available. This tour is not recommended for one who needs assistance walking. There are limited resources for resting during the presentation. The bus should return to the center at about noon.

This exhibition embodies The Leonardo mission of fusing science, technology, and the arts to ways that inspire human creativity and innovation. *Body Works 3 & The Story of the Heart* is organized according to the major systems of the body, including the locomotive, nervous, reproductive, digestive and cardiovascular systems. The exhibit also features a special presentation on the heart, revealing through the lenses of anatomy, cardiology, psychology, and culture how this four-chambered muscle nourishes, regulates, and sustains life. Through the life-like and dramatic poses of full-body specimens and detailed presentation of organs and body parts, guests gain profound insights into the structure and function of healthy and unhealthy bodies.

The presentation of the pure physical reminds visitors of the intangible and unfathomable. The plastinated post-mortal body illuminates the soul by its very absence. Plastination transforms the body, an object of individual mourning, into an object of reverence, learning, enlightenment, and appreciation.

You may register for this activity at this time. Seating is limited in the Center bus to 20 passengers

THURSDAY EVENING...THURSDAY EVENING...THURSDAY EVENINGS...

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, play cards or shoot a game of pool or have fun dancing with the music of Tony Summerhays. Scheduled programs are listed below. □

Thursday Evening Weight Watchers

Join the Heritage Center Weight Watcher Group on Thursday evenings at 5:30 PM with group leader Kim Evans. Cost of the 12 week program is \$113. You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at 264-2635. □

Evening Social Dance

Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**. Cost of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prize. Our sincere thanks to July sponsoring agencies:

The Coventry Retirement Communities
Olympus Ranch Retirement Living □

Photo TSummerhays

Remote Control Aircraft Club Meets

The Ute Radio Control Association will meet at the Center on **Thursday, December 13**, to share flying stories, display member's aircraft, review upcoming activities, and discussed items related to the club's functions.

The club meets at the Heritage Center on the second Thursday of each month from 7 to 9 pm. Those interested in Remote Control Flight of aircraft and any type, pilots of any skill level, and those who are interested in watching the activity please join us. □

Thursday before the dance at 6:30

Dance Instruction

This opportunity exists for those who wish to improve their ballroom dance techniques or to learn the specific skills involved in swing, cha-cha, waltz, rumba and others. Ballroom dance instructors Steve and Kathy Rogers will be available at 6:30 each Thursday evening to assist those who seek instruction for 30 minutes preceeding the Social Dance. They will also be on the floor during the evening to dance with individuals or couples who could benefit from personalized instruction. Admission to the dance is \$4 and includes the instruction provided by the Rogers. □

Thursday, December 4 - 5:30

Caring & Sharing Support Group

Caring and Sharing is a new support group offering in partnership with Harmony Home Health and Hospice. This support group offers a unique opportunity for yourself or someone you know to talk about those experiences we all have in life. If you have experienced emotional pain, loss, struggles, or just need a place to work through your troubles, give Caring and Sharing a try. □

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Tuesday, December 9

Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

Wednesday, December 17

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, December 17** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Transportation

The Center bus runs on Wednesday and Friday to provide transportation to Murray residents. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

Barber Shop Remains Open

The Heritage Center's current barber, Vicki Fenstermacher, will be concluding one year of volunteer service to the Center on December 2nd as she packs away her clippers and scissors for the last time. Over the past year she has provided more than 850 haircuts to men and women on Tuesdays...come rain or shine. This is an emotional departure for Vicki, as she has "grown to love all the sweet people who have trusted me to cut their hair. I'll mostly miss the great conversations and the sharing of life experiences such as children, grandkids, and pets." Vicki has worked at her trade for about 30 years and is ready for a rest. "I'm especially excited to raise my new puppy, Bruiser ...a 10 week old and two pound male Maltese."

Starting on **Tuesday, December 9**, a new barber will step behind the chair in the familiar "Barber Shop". Her name is Lisa Kesler and she has worked for Pepe's Barber Shop in West Valley for nearly 8 years and prior to that at Fantastic Sam's. Lisa will continue to work in the community and share her talents at the Center on Tuesdays from 9 to 2 providing haircuts and trims for men and women. She graduated from Taylorsville H.S. and then received her cosmetic and barber training at the Salt Lake Community College. "The thing I like most about this business is the chance to talk with people. "Sometimes I feel like a counselor...and at times I am thankful for advice from the customers." Lisa resides in Taylorsville with her husband, Roger, two sons, and a K-9 crew comprised of a Pug, a Pomeranian, and a Brussels Griffin.

A significant change in the Barber Shop is that the fee for a haircut will increase to \$8. Lisa is a working professional and not be volunteering her time at the Center. The fee was determined by a survey of fees charged for haircuts at other Senior Centers which offer similar services and from local barbers who give discounts to their senior customers. Appointments are required and will begin on December 9 and will be available from 9 to 2 each Tuesday. To make an appointment please call the Heritage Center at 264-2635. Payment is due when making your appointment and cancellations need to be made 24 hours in advance for a refund. □

Thank you Vicki...Welcome Lisa

A Little About Me

My name is Calli and I love to cook! I'm married to the man of my dreams, Tyler. He's so much fun. We laugh together for hours. My family means the world to me. My parents are my heroes. They both worked so hard to give me an awesome life. As for cooking, I never wanted a job I couldn't stand getting up for in the morning so I headed off for Culinary School. After finishing in 2005, I started my own catering company called, Wasatch Whisk, and began working for The Salvation Army as an Executive Chef. I loved working for a good cause. I was there for nearly 2 1/2 years when I left to take an Executive Pastry Chef position. That didn't work out so well. I worked for a local grocer in their deli preparing hot meals for a while. I really began to miss working with the community. I think that's my calling, to serve others. Now I'm here and I love it! The people are great I get to be creative, I plan my own menus, I make pastries and best of all, I get to serve. Life is good!

My Favorite Things to Cook...

I am so nostalgic; I love to cook old family recipes to bring back good memories. I love to experiment in the kitchen. I'm always up for something new. I really enjoy baking. We also have a great farming community here in Salt Lake. I frequent the local Farmer's Markets for fresh produce and other local groceries. Yummy!

My Favorite Family Cooking Traditions...

Well, the usual Holiday traditions but Sunday dinner is most important.

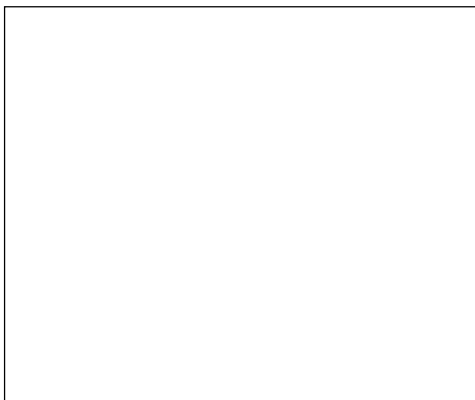
My Cooking Triumphs

While Culinary School was quite an accomplishment, I'm really proud of the awards and competitions I have won through my career. A bronze medal in an ACF plated dessert competition, two Gold medals from Nicholas & Co. in Salad and Pasta, and the ACF Beehive Chef's Association Community Service Award, just to name a few. Pulling off Holiday and Party meals for upwards of 600 with just a few helpers was a huge ego boost as well. I also make one mean pizza.

My Cooking Tragedies...

I have to admit, I couldn't bake before Culinary School. Sugar Cookies were my Achilles' heel. I could never reach success.

I invite everyone to come to the Center and give lunch a try. Don't forget you have the option of the salad bar or soup each day if you don't want the main entree listed on the menu. Happy Holidays -- Calli. ☐



Leftover Pumpkin? Try Pumpkin Pancakes!

- *2 and 2/3 cup flour
- *Cinnamon, nutmeg, ginger & cloves to taste
- *2 teaspoons baking soda
- *2 teaspoons of baking powder
- *1 teaspoon salt
- *8 eggs (separated)
- *2 and 1/2 cups pumpkin (one 15 ounce can)
- *1/2 cup sugar
- *1 and 1/2 teaspoons vanilla
- *1 stick of melted butter, slightly cooled

Whisk together flour, spices, baking soda, baking powder and salt in a medium bowl and set aside. With a hand mixer, whip egg whites until stiff but not dry. Mix together buttermilk, pumpkin, sugar, vanilla and butter. Make a well in the dry ingredients and fold in buttermilk-pumpkin mixture; do not over mix. Gently fold egg whites into batter. Cook on a hot grill until bubbles form at the edges. Flip and cook 2 to 3 minutes more. ☐

LUNCH SERVED DAILY AT NOON

\$3 for 55+

\$3.50 for takeouts

Coffee, Tea, and

Hot Chocolate is .50¢

Reservations Needed for regular menu (see page 16)

No Reservation needed for Salad Bar or Soup. Soup & Salad is available from

11:30-12:15.

Salad Bar

\$3-Large, \$1.50-Small

Soup of the day - \$2.00

NO RESERVATION NEEDED

DECEMBER 2008- MenuMake reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar or Soup

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
STUFFED CHICKEN Eggplant Parmesan Chocolate Cream Pie or Fruit	CRAB CAKES Rice Pilaf Mixed Vegetables Gellatin or Fruit	CHICKEN KIEV Rice Pilaf Ratatouille Birthday Cake Or Fruit	PHILLY STEAK SANDWICHES Cole Slaw Cherries Jubilee Or Fruit	CLAM CHOWDER Cheddar Biscuits Pumpkin Pie Or Fruit
PORK RIBS Mushroom Risotto Mixed Vegetables Warm Fruit Compote Or Fruit	WHITE CHILI Breadsticks Chocolate Cake Or Fruit	TACO SALAD Churros Or Fruit	TARRAGON CHICKEN DelMonico Potatoes Lima Beans Banana Pudding Or Fuit	BREAKFAST CASSEROLE Bacon, Fruit Tray, Muffins, Juice & Coffee <i>Thank You Health South</i>
ROAST PORK Dill Carrots Egg Noodles Berry Napoleon Or Fruit	FRIED CHICKEN Garlic Mashed Potatoes Green Beans Warm Apple Crisp al-a-mode OR Fruit	BBQ PORK SANDWICH Potato Wedges Broccoli Sherbet Or Fruit	TUSCAN SOUP Breadsticks Frozen Tiramisu	<i>Holiday Buffet-\$6</i> PRIME RIB, SALMON, Rice, Sweet Potatoes, Green Beans, Tortellini Salad, Pomegranate Green Salad, Roll Cheesecake
HOMEMADE PIZZA Green Salad Orange Rolls Or Fruit	TUNA NOODLE CASSEROLE Broccoli Au Gratin Key Lime Pie Or Fruit	MINESTRONE SOUP Breadsticks Cookies Or Fruit	MERRY CHRISTMAS Center Closed	Center Closed
TORTILLA SOUP Tres Leches Cake Or Fruit	RAVIOLI Roasted Veggies Breadsticks Cheesecake Or Fruit	<i>New Years Party - \$6</i> MALIBU CHICKEN Green Bean Casserole, Garlic Mashed Potatoes Pecan Pie Or Fruit		